

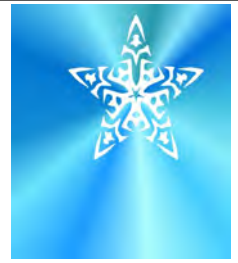


## Musqueam Community Newsletter

Friday November 4, 2022

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212

SAFETY & SECURITY PATROL: 604-968-8058



# FIFA 23

## Musqueam x EA Sports

### Community Soccer Game

Saturday, November 5 at 1pm

Musqueam Field



EA Sports is gifting all Musqueam Blues teams with the real x'məθk'wəyəm kits from FIFA23, including jerseys, shorts and socks. These kits will be worn when Musqueam plays in tournaments throughout the province.

**Join Musqueam and EA Sports to celebrate our collaboration with a special pickup game showcasing the new kits!**

Everyone is welcome to play.

*Although these kits are for Musqueam Blues teams, we are looking into ordering jerseys for purchase. Stay tuned if you want to order one!*

#### Inside this Issue:

Upcoming Events—2-3

Call for Expressions of Interest—4

Childrens' House—5-6

Education—7-8

Remaining News—9-28

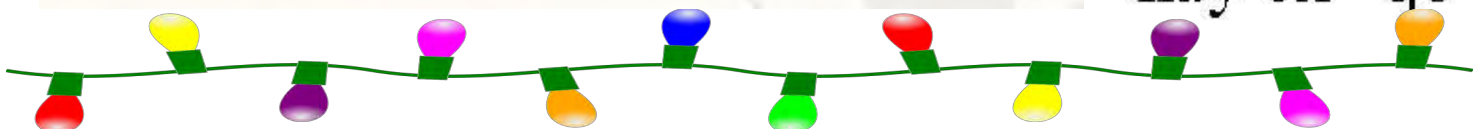


NOVEMBER 11,  
REMEMBRANCE DAY



Please come and join us for Mass at  
**St. Michael's Church**  
Every Sunday @ 1:00 pm.

hay čx'w qə



# Join us for Dinner Next Week and Share Your Thoughts on the Future of UBC Campus

Do you currently attend UBC or are an alumni? Have you or your family participated in UBC programs or use UBC facilities? UBC wants to hear from you!



**Date:** November 8, 2022

**Time:** 5:30 pm – 7:30 pm

**Where:** Cultural Centre

**Who:** All Musqueam members who have a connection to UBC are invited to join this session.

Registration is not required.

There will be \$500 in prizes available to be won for those who participate. A prize draw will be held at the end of the engagement period, in late November.

On November 8, UBC is hosting a dinner for Musqueam community members who have a connection to UBC. This dinner will be an informal space to share stories, ideas, and feedback with UBC. Your contributions will shape an upcoming community-wide dinner event that will inform Musqueam's voice in [UBC's Campus Vision 2050 Plan](#). The planning process is underway and will shape how the physical campus changes and grows over the next 30 years. This dinner is also an opportunity to learn about Musqueam and UBC's deepening relationship.

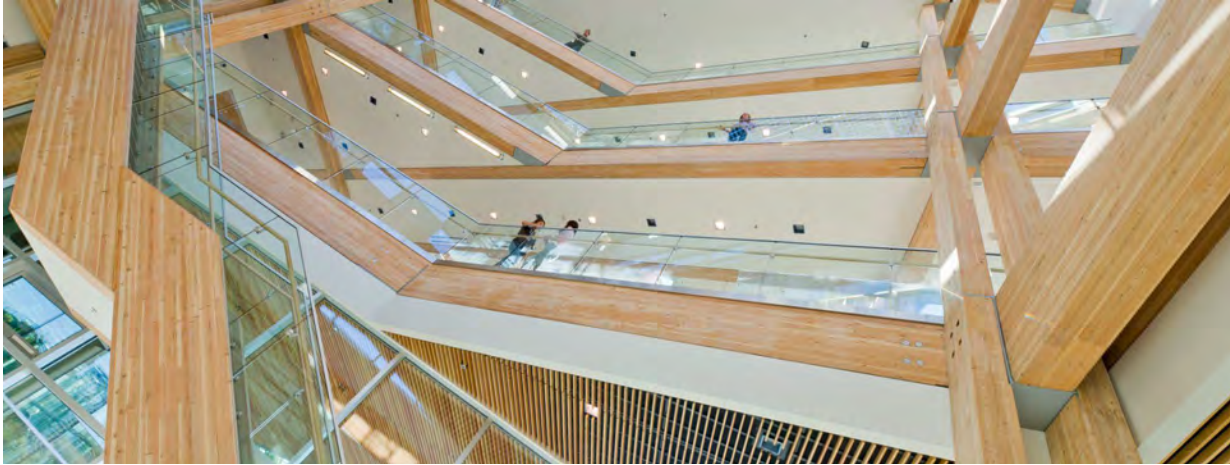
To learn more about Campus Vision 2050, visit [www.campusvision2050.ubc.ca](http://www.campusvision2050.ubc.ca).

If you have any questions, please contact Aviva Savelson (UBC) at [aviva.savelson@ubc.ca](mailto:aviva.savelson@ubc.ca) / 604-822-0273 or Tecla Van Bussel (MIB) at [tvanbussel@musqueam.bc.ca](mailto:tvanbussel@musqueam.bc.ca) / 604-263-3261.



THE UNIVERSITY OF BRITISH COLUMBIA  
Campus + Community Planning

UBC  
campus  
vision  
2050



## Call for Expressions of Interest: An invitation to xʷməθkʷəṽəm artists

Staff from the Sustainability Hub and Center for Sustainable Food Systems at UBC Farm at the University of British Columbia invite all interested xʷməθkʷəṽəm artists to join us for a meal, a tour of the Centre for Interactive Research on Sustainability (CIRS), and conversation about the potential for a commissioned artwork to be installed in this space.

### Beginning the dialogue

As UBC staff, our work intersects with reconciliation and the climate emergency. The idea for a commissioned artwork from a xʷməθkʷəṽəm artist emerged over the past year as one clear opportunity to learn from and with our xʷməθkʷəṽəm hosts as we address shared climate and sustainability goals.

We are seeking an artist, or collaboration of artists, to help transform CIRS into a place that reflects and respects the generational connections of xʷməθkʷəṽəm to UBC. Please join us to explore your vision for the creation of a large-scale commissioned artwork in this space.

NOTE: Emerging and established artists welcome to join!

### RSVP by October 25

Join us for lunch and building tour on **November 2 or November 24 from 12-2pm**, at the Centre for Interactive Research on Sustainability at 2260 West Mall. Please contact Natalie Hawryshkewich ([natalie.haw@ubc.ca](mailto:natalie.haw@ubc.ca)) by October 25 to RSVP, sharing any dietary requests.

NOTE: Transportation available. Just let Natalie know if you would like us to arrange transportation for you to and from the building,

### Expressions of Interest due by December 15

Unable to join the tour but still interested in the opportunity? Get in touch anyway. Following the luncheon and tour, we invite Expressions of Interest via oral submission (ie. a structured conversation) with our team up until December 15.

# The Children's House



Daycare Hours: Monday—Friday 7:45—5:00pm

Preschool Program hours: Monday – Friday 9:00am to 3:00pm.

The Children's House phone # 604 269-3302

Renee Stogan Manager email: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

Kindergarten Registration is now open!

Please see the information provided.

Renee Stogan: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca) Phone: 604 269-3302

Preschool staff: Ernestine Herman, Sherry Point, Stacy George

Infant/Toddler staff: Kelly Herman, Christy Friesen, Alice Stogan

hay čx<sup>w</sup> qə

# **PRIORITY KINDERGARTEN REGISTRATION**

**NOV 1 - JAN 31**

## **TIMELINE**



**1** **AGE**  
for children born in 2018

**2** **APPLY ONLINE**  
[govsb.ca/kindergarten](https://govsb.ca/kindergarten)

**3** **VERIFY YOUR  
INFORMATION IN PERSON**  
Contact your neighbourhood catchment  
school to make an appointment

- **NOV 1-JAN 31**  
**PRIORITY KINDERGARTEN REGISTRATION**  
Children born in 2018 are eligible to register
- **JAN 9-FEB 3**  
**DISTRICT CHOICE PROGRAM REGISTRATION**  
Optional programs offered by the District.  
Includes: French Immersion, Mandarin  
Bilingual, Fine Arts, Indigenous Focus and  
Montessori
- **FEB 1-FEB 28**  
**CROSS-BOUNDARY REGISTRATION**  
For families who wish to attend a school  
outside of their catchment area
- **MID FEBRUARY**  
**WAITLIST NOTIFICATION**  
Only families registered in identified  
full schools and District choice programs  
will be notified
- ★ **LATE APRIL**  
**KINDERGARTEN ENROLMENT CONFIRMATION**

FOR DETAILS, VISIT  
[govsb.ca/kindergarten](https://govsb.ca/kindergarten)



## Musqueam Education Notice Friday Nov 4, 2022



### SCHOOL CHEQUES—OCTOBER

NOVEMBER HIGH SCHOOL CHEQUES ARE AVAILABLE FOR PICK UP AT THE BAND OFFICE.

### Homework Club

Homework club will now run every **Monday and Wednesday** from 3:30-5:30 in the Library Space. Bring your homework and join us!! Snacks will be available.



### SCHOOL BUS INFO

If your child(ren) is planning on riding the school bus this year, please contact the Education department to fill out the MIB School Bus Form.

**Children are required to wear a mask at all times on the bus.** If your child is sick please keep them home.

**It is strongly recommended that parents/caregivers wait with their young children at the bus stop until they are on the bus.**



### Riddle:

What English word has three consecutive double letters?

### Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

April Campbell, Learning Facilitator:

learningfacilitator@musqueam.bc.ca

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Cary Campbell, School Bus Driver

Ph. # 604 - 263 - 3261; Fax # 604 - 263- 4212

Toll free: 1-866-282-3261



**Musqueam Indian Band**  
6735 Salish Drive  
Vancouver, BC, V6N 4C4  
Tel.: 604-263-3261  
Fax: 604-263-4212

**JOB POSTING**  
**ENVIRONMENTAL STEWARDSHIP COORDINATOR**  
**Regular Full-time**

**Position Summary**

Under the direction of the Environmental Stewardship Manager, the Coordinator will support leading the team responsible for environmental stewardship within Musqueam's Traditional Territory. The Coordinator will provide guidance and support, internally and externally, on programs and projects related to Musqueam environment and stewardship issues. In addition, the Coordinator will undertake planning and implementation of projects and stewardship initiatives related to the protection, enhancement and restoration of ecosystems and habitats. The Coordinator will also participate in the development of strategies and prepare a variety of reports and studies. They will establish and maintain liaison with a wide variety of internal and external contacts, including both governmental and non-governmental bodies, and assist in directing the work of consultants and staff on a project basis.

**Duties**

- Assist and coordinate implementation of environment and stewardship plans and projects (workplans, budgets, strategies, etc.)
- Designs and oversees data collection and analysis strategies for complex research and policy analysis projects; analyses, evaluates, and prepares written reports on policy implications from findings
- Establish communications and coordinate reviews between internal and external parties with respect to work related to referral administration
- Identify, assess and evaluate data/information required to support critical decision-making processes within the public sector
- Coordinate staff (e.g. Environmental Stewardship Monitors, Analysts, and Interns) on various projects and plans
- Organize community engagement sessions, including preparing presentation materials and newsletters
- Review, analyse, and prepare summaries, presentations, and graphical representations of proposals and reports
- Assist management in preparing briefing notes, internal/external reports, summaries, discussion papers, factsheets, and other support-related material
- Lead or participate in meetings related to large projects in order to coordinate information for multiple departments across the organization
- Perform related duties as required

## Job Knowledge & Skills

- Skill and knowledge attained by the successful completion of a Post-secondary degree in biology, natural resource management or related field and a minimum of 2 years' progressively responsible experience in environmental and First Nations issues, environmental policy, or broad-level program management with considerable related experience within a local government or First Nations organization; or an equivalent combination of skills and experience
- Proven experience working in and with environmental legislation, regulations and policies preferred; experience working with committee and/or Council structures
- Exemplary oral and written communication skills in presenting clear and concise findings for decision makers and writing a variety of proposals, policy and procedure drafts, reports and other documentation
- Excellent analytical, problem-solving, persuasion, and consensus-building skills with the ability to work under pressure and independently within a team environment
- Exceptional interpersonal skills with the ability to establish and maintain successful and effective relationships with a variety of internal and external contacts
- Excellent time management skills with the ability to manage multiple priorities and handle shifting priorities to produce results within deadlines
- Strong understanding of Indigenous history and politics in British Columbia; cultural competency and knowledge of Musqueam cultural traditions and interests is preferred
- Ability to use sound judgment and diplomacy in high stress/conflict situations
- Advanced skills in MS Office software, Adobe Acrobat
- Proven ability to maintain confidentiality at all times

## Working Conditions

- Work is performed in an office environment
- Successful Criminal Record Check
- Valid Class 5 BC Driver's License

## Compensation

- 66,000 – 67,000 per annum

*Applicants of Musqueam and/or Aboriginal ancestry are encouraged to apply.*

*We thank all applicants for applying; however, only those short-listed will be contacted.*



**Musqueam Indian Band**  
6735 Salish Drive  
Vancouver, BC, V6N 4C4  
Tel.: 604-263-3261  
Fax: 604-263-4212

## **JOB POSTING**

### **ENVIRONMENTAL MONITOR**

**Full Time**

#### **Position Summary:**

Reporting to the Environmental Stewardship Manager and Major Projects Field Coordinator, the Environmental Monitor acts as the eyes and ears of the administration on the lands and waters of Musqueam Territory. The Environmental Monitor does this by carrying out environmental plans where construction is occurring, including reviewing plans for managing environmental risks, monitoring worksites to make sure plans are followed, and organizing, tracking, and reporting on monitoring findings and activities. Additionally, the Environmental Monitor carries out various other environmental projects including research and environmental restoration. The Environmental Monitor will also review technical documents to identify data gaps and participate in vessel patrols and activities, as well as provide assistance to other Environmental Stewardship projects when needed.

#### **Duties:**

- Reviewing reports about environmental issues for a specific site
- Collecting samples (water, soil, air)
- Monitoring erosion and sediments
- Ensuring proper cleanup of contaminants (e.g. fuel)
- Recording observations from samples and sites accurately
- Creating reports based on sampling and observation records
- Reading maps and plans to navigate varied work sites
- Identifying and locating environmental features of work sites
- Reporting on monitoring activities
- Assisting with the operation and maintenance of equipment, including laboratory, field, and monitoring equipment
- Communicating effectively with project team members
- Reviewing technical reports and referrals pertaining to a specific project (such as Water Sustainability Acts)
- Patrolling and monitoring Fraser River sites with the Environmental Stewardship work boat

#### **Job Knowledge & Skills:**

The work requires the following knowledge, skill and/or abilities:

- Bachelor's degree in Environmental Science or a similar discipline and/or one year of experience in an environmental occupation directly related to construction monitoring, or a similar combination of training and experience
- Experience operating mid-sized vessel considered an asset
- Reading maps
- Navigating variable terrain

- Problem-solving skills
- Excellent communication skills, with particular attention to detail and accuracy of field notes
- Strong attention to detail
- Experience in an office and field work environment
- Knowledge of MS Word and Excel
- Awareness of health and safety issues and a safety conscious attitude
- A positive and enthusiastic attitude, willingness to learn and the ability to work with little supervision
- Level 1 First Aid considered an asset
- Cultural competency and knowledge of the MIB's cultural traditions

**Working Conditions:**

- Work is performed in an office environment (planning, reporting) and offsite at assigned worksites (monitoring activities)
- Some evenings and weekends may be required
- Valid Class 5 BC Driver's License
- Successful Criminal Record Check

*Applicants of Musqueam and/or Aboriginal ancestry are encouraged to apply.*

*We thank all applicants for applying; however, only those short-listed will be contacted.*



PASSENGER  
ASSISTANCE  
**GENERAL BAGGAGE**  
**OPERATIVES SYSTEMS**  
CUSTOMER  
SERVICE

**WE'RE  
HIRING**

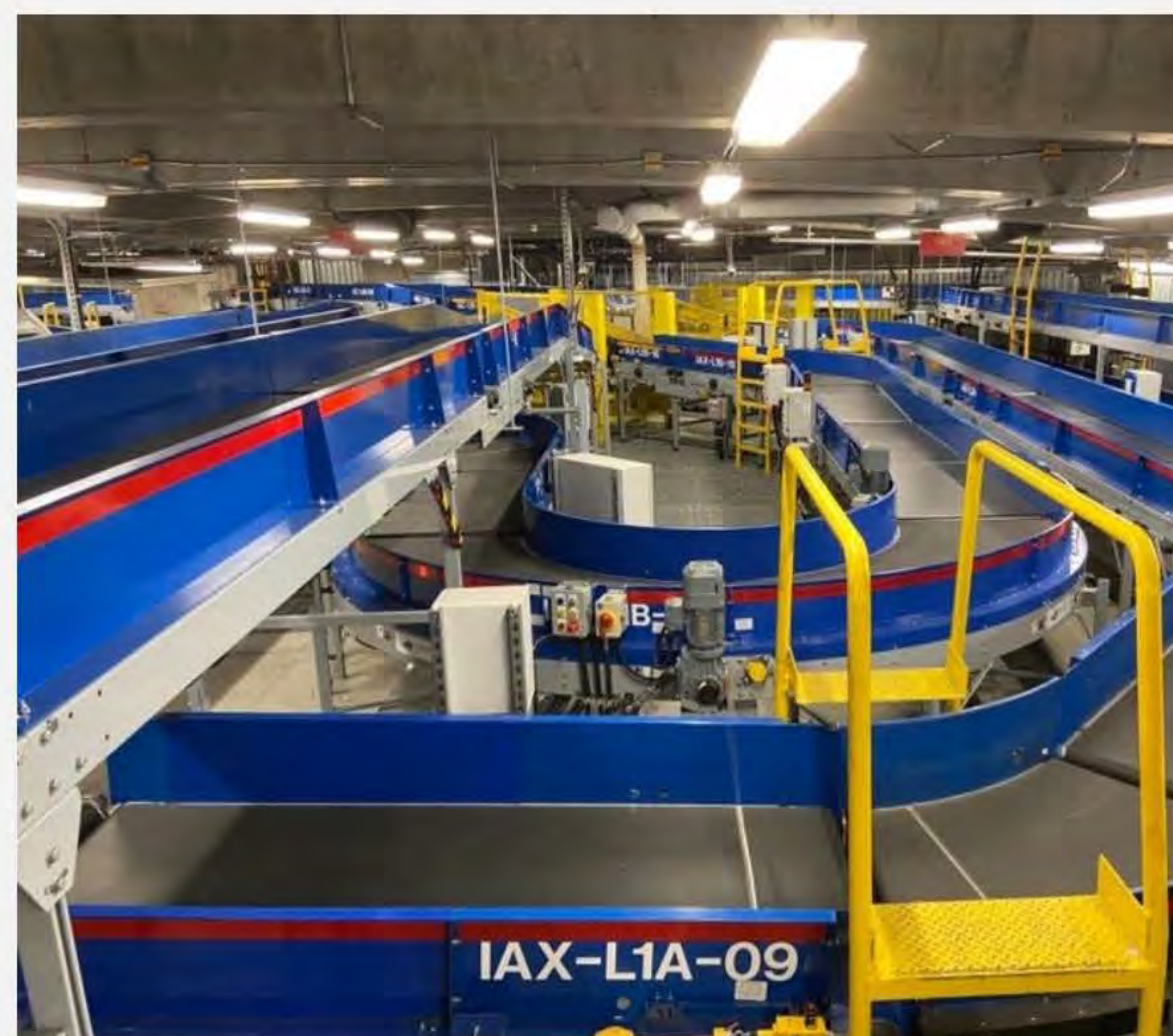
**APPLY NOW**

[ABCOAST.CA/JOBS](https://abcoast.ca/jobs)

**STARTING WAGE \$21 TO  
\$24 P/H WITH BENEFITS**



**SCAN TO APPLY**





x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

stem? (what?)	ni? ʔəncə? (where?)	təmtem? (when?)
<b>Covid-19 &amp; Flu Immunization Clinic</b>	Musqueam Gym	Dec.5, 2022 2:00pm-4:00pm



**All other doses are welcome!**

**Eligibility:** ⇒ 6 months since your last  
Covid Vaccine

**Register and book an appointment Monday to Friday**

***Speak to Ashlee, or Arlene in the Health Department***

***@ 604 263 3261***



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

# Musqueam Elders Gathering

We would like to invite all Elders to celebrate the winter season at the upcoming Elders Luncheon!

**Where:** Musqueam Gym

**6735 Salish Drive**

**When:** November 30, 2022

**Time:** 11:00 am- 2:00 pm

Turkey dinner! Prizes! Christmas sing-a-long!

Contact Brenda to register (604)263-6312





x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

*The Musqueam Health Department welcomes the services of Jeremy Duprat, R.D.*

## Denturist



Jeremy currently works with other First Nations communities and is now available at Musqueam to provide on-reserve denture services.

- Are you missing any teeth?
- Do you have any loose teeth?
- Do you have dentures that are older than 5 years?

If you answered yes to any of the above questions, you can book an appointment with Jeremy. He will be seeing patients at the

**Elders Center Medical Office** starting November 9th 2022

Please call **604-558-4867** to book an appointment





x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

## MUQUEAM ELDERS

*Brenda Campbell, Elders Coordinator*

Ph: 604 263 – 6312



### **Ladies Night**

Every Tuesday

Time: 6-8pm

Location: Elders Centre



### **Next Elder's Luncheon:**

Wednesday, Nov.16, 2022

Time: 12:00 Noon

Location: Elders Centre



### **Elders Chair Exercise**

Thursday Nov.17, 2022

Time: 1-2pm

Location: Elders Centre

## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

### **First Nations Safe Drinking Water**

#### **Run Until Cold**

Run Until Cold Contact your Environmental Health Officer for more information:

[environmental.health@fnha.ca](mailto:environmental.health@fnha.ca) Sometimes, tap water can contain small amounts of lead and copper, which can have long-term health effects during the early years for infants and children. That risk can be reduced by running cold water for 15 to 30 seconds before drinking

communities may lack certain types of equipment or transportation needed to ensure that everything runs smoothly and they have safe water systems in place.



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |



# CALLOUT FOR LOCAL ARTISTS

Are you a Musqueam  
community member who is  
interested in selling your  
artistry products at our event??

We are hosting our Harm  
Reduction Event on Thursday  
November 24 2022 from 3-9 pm  
in the Musqueam community  
center give a me a call if you are  
interested.



Please contact Nicolette Moore 236-558-8482



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

# HARM REDUCTION EVENT & LIVE CONCERT

When: NOVEMBER 24 2022

Time: 3PM-9PM

Where: MUSQUEAM COMMUNITY CENTER

**SPEAKERS, DANI & LIZZY DOING A COMMUNITY ENGAGEMENT, BAR B Q DINNER, TRADITIONAL DESERTS/DRINKS, LIVE CONCERT BY CELEBRITY LOCAL ARTISTS, DOOR PRIZES & GIFTCARDS**

Learn about our NNADAP services & browse the many resources coming out we partner with around Addiction, Mental Health treatment, detox, 1-1 & Family Intervention. We have 9 Celebrity Artists to bring you a great live concert as well a meet & greet. We have huge doors prizes & every Musqueam participant will receive a grocery gift card



Hosted by the Musqueam NNADAP and Health Teams  
Contact: Nicolette, 236-558-8482



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

## SAFE USING CAN SAVE YOUR LIFE

**Nasal naloxone | test your drugs first | lifeguard app | safety plan around using even if recreational**

Dear Musqueam Community,

The NNADAP & Health Dept would like to take this time to share with you options for Harm Reduction measures for safe using and abstinence if you choose from drugs and alcohol. We have a number of resources available to the community here are a few.

### Suicide prevention line

**24/7/365 (1-833-456-4566)**

### Dial 211

is a support line for all of life's challenges such information & obtain referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention

### LifeGuard App & How it works

When someone is about to use, especially alone, they can open the app and record the type of substance they are using and confirm their location. The app will hold this information, and a timer is set which can be paused or extended by the app user at any time.

As the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine. If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1. This alerts emergency medical dispatchers

**NNADAP workers -  
Contact & what our dept**

### Nicolette Moore

Mon-Fri 8:30am - 4:30pm








Ph: 236-558-8482

### Brad Morin

Wed - Fri 6-9pm & Sat - Sun 1-5pm

Ph: 604-652-1368

### What we offer

-  1-1, Family & Group counselling
-  Treatment referrals
-  Detox support
-  Relapse prevention planning
-  Family Interventions
-  Referrals to outside mental health agencies
-  In office Harm reduction



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

## COMMUNITY HEALTH

### MUSQUEAM PRE- AND POST-NATAL GROUP

Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal families:

From the onset of pregnancy, until 3 months postpartum we offer weekly \$25.00 Save-on Foods Gift cards for nutritious foods such as – milk, eggs, cheese, fruits & vegetables to support healthy nutrition during pregnancy and breastfeeding.

- ✚ Nursing pads, as needed
- ✚ A one-time gift of an Electric Breast pump. **One** per family
- ✚ Welcome gift for your new baby

**Due to Public Health Guidelines**, the Pre-Natal program is currently not meeting in person.

Please call Arlene Haldane, Assistant to register for the Prenatal Program, call **Arlene Haldane**:

Phone: 604 269 3354

Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

## MUSQUEAM HOME & COMMUNITY CARE PROGRAM

*Romeo Cosio, RN, Musqueam Home Care Nurse & Arlene Haldane, Assistant.*

The Musqueam Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment. All Home care services & medical equipment require a note from your doctor with your needs specified.

**HOME CARE CLIENTS:** If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant,

**Home Care Nurse Romeo's Office Hours:** Monday, Wednesday - Friday from 8:30-5:30 Tuesdays - Off

**Phone:** 604-269-3463

**Email:** [homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca)

**Arlene Haldane office hours:** Tuesday – Friday 8:30-4:30

**Phone:** 604 269 3354

**Email:** [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

\*If there is no answer please leave a message.

**\*For Emergencies Call 911 \***



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

## MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7

Located in the Primary Care Trailer

*(Clinic closed 12:00pm – 1:00pm for lunch)*

Monday Nov.7	Tuesday Nov.8	Wednesday Nov.9	Thursday Nov.10	Friday Nov.11
Karen Chandra , GP  9:30am – 3:30pm	Dr. Dumont, GP 9:30 – 3:30pm <i>*Please note that there will be no front desk staff before 1:00pm.</i>	Karen Chandra, NP  9:30am – 3:30pm	Karen Chandra, NP  9:30am – 3:30pm	CLINIC CLOSED FOR REMEMBRANCE DAY

**Call 604-266-0043 to book an appointment**

Please leave a voicemail if you cannot get through - we will return your call as soon as possible.

**Due to province-wide shortages of healthcare practitioners, the Musqueam Primary Care Clinic will be temporarily reducing its hours.**

**Please reach out to the following alternate resources during our reduced hours.  
In the event of an emergency, please go to an urgent care facility.**

### Alternate Resources

#### **FNHA Virtual Doctor of the Day**

Call **1-855-344-3800** to book an appointment.

Available 7 days a week from 8:30 am to 4:30 pm.

Telephone or virtual appointments via zoom.

*Available to First Nations people and their family  
members, even if those family members are not*

#### **Walk-In Clinics Nearby**

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42<sup>nd</sup> Avenue (Kerrisdale)

*Check wait-times for BC Walk-in Clinics at*

***<http://medimap.ca>***

**Thank you for your patience as we are working hard to resolve this.**

**We will be updating our schedule on a weekly basis.**

**- Musqueam Primary Care Team**



x<sup>w</sup>məθk<sup>w</sup>əyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOV.4, 2022 |

## COMMUNITY HEALTH COVID-19:

**Rapid antigen testing kits** are free for residents of B.C. 18 years and older who have a Personal Health Number (PHN).

1 kit contains 5 individual tests. You are allowed 1 kit every 28 days.

A test should only be used by people who develop symptoms of COVID-19 and want to confirm a positive or negative result. The tests are not suitable for international travel requirements.

### Pharmacy staff will:

Ask for your PHN. You can find your PHN on the back of your B.C. driver's license, BC Services Card or Care Card

A pharmacy should never ask you to pay for a kit. Members residing off reserve may now pick up a test kit at their local pharmacy.

You can pick up a kit for someone else, like a parent or grandparent. Make sure you know their full name, date of birth and PHN, the pharmacist will ask you for that information.

**Travel:** if you choose to travel and are required to self-isolate by the Canadian Border Services, this is your responsibility and Musqueam Health Department does not provide supports, please make prior arrangements with your family and friends.

### MWSU MENTAL WELLNESS COUNSELLOR

*Janice Cross*

This confidential counseling services are available Monday-Friday: 8:30- 4:00pm to our Musqueam people via phone or virtually. Call or email to and set up a time to talk to Janice Cross.

**Email:** [mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca)

**For Private Counseling Call: 236-558-9977**

### ART THERAPY FOR CHILDREN, YOUTH & ADULTS

*Janice Carroll, RCAT*

I am available Monday to Thursday from 8:30am-4:30pm, for phone calls, emails or text conversations, and also, I can hold sessions via Zoom.

**Email:** [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)

**Cell:** 778-829-0242

### MUSQUEAM PATIENT NAVIGATOR

I am available to assist and support community members on their healthcare journeys.

If you have any questions regarding your health care coverage, FNHA Benefits, or need assistance filling out medical forms for example Jordan's Principel please do not hesitate to contact me.

I am available Monday-Friday from 8:30am to 4:30pm.

Lisa Mitchell, Musqueam Patient Navigator. Phone: 604-764-5349 or email: [navigator@musqueam.bc.ca](mailto:navigator@musqueam.bc.ca)

## Housing Department offering annual servicing for natural gas appliances

Musqueam Housing Department is offering annual maintenance and safety inspection for furnaces, fireplaces, and water heaters.

The service is offered at no cost to Musqueam homes and all on-reserve homes are eligible. We are currently booking homes for **November 28-30**. This program is first come first served. This service is delivered by Reid Brothers.

**If you are interested, please call the housing department (ask for Ehsan or extension 3447) or send an email to [ehaghi@musqueam.bc.ca](mailto:ehaghi@musqueam.bc.ca)**



# Turning on your furnace for the first time?

Follow the steps below for your safety and to check the furnace is properly functioning.

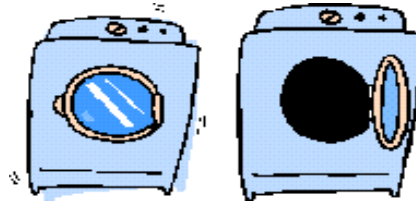
- 1) Clear area by the furnace and the vents- When there covered, your home won't warm up the way it should, and anything nearby could create a fire hazard clear the area of trash, old clothing or furniture
- 2) Check the batteries in the thermostat to see if it's working properly before you turn on the furnace.
- 3) Check the CO2 monitor
  - a. According to furnace installation experts, it's not just the thermostat that you need to test before you turn the furnace on; you also need to test your carbon monoxide detectors to ensure that they're still working properly. This is an incredibly important step, as unintentionally using a damaged furnace can release toxic gas into your home, and a carbon monoxide detector will alert you to such a leak immediately.
- 4) Clean or replace the filter
  - a. Clean filters - Dirt and dust can be a big problem. Some areas that you should be mindfully checking each year are the filters, coils, and other airflow parts of the unit to make sure they are free of debris and able to do their job with little effort.
  - b. Switch out old filters for new filters. Depending on your medical conditions, household size, and pets, experts recommend changing out filters every two to three months. If you have respiratory problems such as asthma, you may want to change the filter out more frequently to prevent the buildup of pollutants that aggravate your condition.
- 5) Wipe down the burners with a cloth or you can use a vacuum
  - a. While your furnace is on standby during the warmer seasons the burners collect dust, which affects your furnace's lifespan. Cleaning your burners should be a part of your furnace maintenance checklist.
- 6) Turn on the power switch. The switch is located different in each home.
- 7) Check the breaker for the furnace
- 8) Make sure the gas switch is on – on the system
- 9) Check the condenser pump
  - a. Furnace may not start because of the sensor on the pump.
- 10) Slowly warm up the home - Quick temperature changes put unnecessary strain on your furnace. Leave it on for a few minutes to gauge its functionality. If you hear any weird noises or smell something, you should turn it off immediately.

**\*\*call FortisBC if there is a smell they will send a technician to detect if there is a gas leak\*\***

To prolong your system's lifespan, you should request for a furnace maintenance annually.

# Washer and Dryer Maintenance

Since Housing Department has been receiving a numerus amount of maintenance calls on washer and dryer machines here are some tips to prolong the life of these two appliances.



## Washer

- Don't overload the machine. Use the appropriate amount of water for the size of the load. Wash heavy or bulky items in small loads since these are harder on the appliance.
- Wash the washing machine. Rinse away soap residue and buildup by running store-bought washing machine cleaner, or a solution of hot water, vinegar, and baking soda through an empty load.
- Prevent musty odors and mildew. Leave the washer lid or door open between loads to dry out the unit and keep it smelling fresh. On front-loading washers wipe down the rubber seal around the door after doing your laundry.
- Always use detergent made for high-efficiency (HE) machines, and use the minimum amount (more is not necessarily better). Regular detergents produce much more suds, and over time, can build up a film on the drum and hoses that become a breeding ground for mold, and may even mechanically or electronically damage a front-load machine.
- Check your pockets before doing a load of laundry. This will prevent having to change the debris filter.

## Dryer

- Do not overload. Overloading the dryer can actually cause it to breakdown. Your clothes need the circulation of hot air and when the dryer is stuffed, the air cannot circulate as much as it needs to in order to dry your clothes. Instead of reducing drying times, overfilling the dryer will increase them.
- Clean the lint screen before or after every load. Carefully remove the screen from your dryer, wipe away the lint and clean with a used fabric softener sheet. Clean the filter with soap and water a few times each year to remove any remaining soap and fabric softener
- Check the door seal. If the door seal becomes loosened, hardened, damaged, or worn down, replace it immediately. Otherwise, warm air will escape reducing the dryer's efficiency and causing it to work harder. Check the seal by holding a tissue near door while the dryer is running. If the tissue is sucked toward the door, replace the seal.

**Thank you for your cooperation Housing Department staff.**

**For Service Requests please call Brittany Point at 604 269 3381**



Lattimer Gallery YVR  
Vancouver International Airport,  
International Departures, Level 3  
amy@lattimergallery.com  
604-247-0822

Northwest Coast Gifts  
1590 West 2nd Avenue  
Vancouver, BC V6J 1H2  
info@northwestcoastgifts.com  
@northwestcoastgifts

Musqueam Arts  
Vancouver International Airport,  
Domestic Departures, Level 3  
musqueamarts@gmail.com  
604-244-0444

## LATTIMER GALLERY YVR

### FULL TIME GALLERY ASSISTANTS

Lattimer Gallery YVR is currently hiring full time gallery assistant positions. Our Gallery Assistant positions are focused on retail sales and present the opportunity to work across our 3 enterprises located at Vancouver International Airport that specialize in Northwest Coast Indigenous contemporary art, jewellery and giftware: **Lattimer Gallery YVR, Musqueam Arts and Northwest Coast Gifts.**

#### About the Role

Our Gallery Assistant duties focus on exceptional customer service, carrying out sales transactions, daily gallery maintenance and the organization of inventory. The role also includes tasks that support our Northwest Coast Gifts team; such as processing online transactions and orders for national and international shipping. We invite self-motivated individuals with a strong desire to learn and work in a small, driven, friendly and supportive team. Applications should have a proven experience of excellent customer service, organisational and interpersonal skills.

Central to our mission at Lattimer Gallery is to educate national and international travelers about the art of Indigenous Peoples from the Northwest Coast and to celebrate and promote the work of the artists, makers and designers we represent online and across our gallery locations. As such, this role also offers the opportunity to gain valuable experience working in the arts and cultural sector. When joining our team, you can expect to receive full training and be educated in Northwest Coast Indigenous arts styles as well as gain skills suited for working in a fast paced, forward facing retail environment.

We encourage applicants to take a look at our websites to see the types of products and artwork we offer. Visit [www.lattimergallery.com](http://www.lattimergallery.com) & [www.northwestcoastgifts.com](http://www.northwestcoastgifts.com) to find out more about our mission and collection.

Our YVR locations are easily accessible via the Canada Line and our opening hours are 10am-5:30pm daily.

#### Experience and Qualifications

A minimum 3 years of customer service **and/or** retail experience is required as well as a background in the arts and culture sector. Existing knowledge of Northwest Coast Indigenous Arts and experience in administration and speaking intermediate French will be considered an asset.

#### Job Type and Salary

Full time positions available. Pay will range from \$16-\$18.00 per hour based on experience. Availability to work weekdays/weekends.

## **Benefits**

Our employees benefit from a 25% employee discount on purchases of giftware and artworks across our locations. A series of Medical Benefits are available after a one year probationary period has been completed.

## **Location**

Our gift stores are located on the traditional, ancestral and unceded territory of the Musqueam people at Vancouver International Airport. Our flagship gift store is located in the heart of International Departures and our new retail space - dedicated to promoting and showcasing the work of Musqueam artists and designs - Musqueam Arts, is located in Domestic Departures. YVR Airport is easily accessible via the Canada Line and our opening hours are 10am-5:00pm daily.

## **About Lattimer Gallery**

**Lattimer Gallery** has promoted contemporary Northwest Coast Art since 1986 by offering a diverse and unique collection of Northwest Coast fine and contemporary art created by Indigenous artists from B.C and beyond. Expanding the range of authentic art objects available to the public at our gallery on W. 2nd & Fir Street in Vancouver, **Lattimer Gallery YVR** was established in 2016 to offer an innovative collection of fine art, jewelry and giftware to domestic and international visitors at Vancouver International Airport. We are committed to featuring the highest quality products and designs through our extensive giftware collection: from apparel and kitchenware to accessories, homeware, books and cosmetics. We share in the vision of **Lattimer Gallery** in our desire to promote and support the emerging and established First Nations artists, designers and entrepreneurs that we represent. Every artist receives recognition, attribution and royalties for their designs and products, and we host a wide range of products that are Made in Canada by Indigenous Owned Enterprises; ensuring that with each item purchased Indigenous artists and the communities from which they originate benefit.

**Lattimer Gallery YVR** is also the home of **Northwest Coast Gifts**, our leading online giftware collection and gift store. Both enterprises specialize in providing corporate gifting services where we work one-on-one with clients to provide memorable and appropriate gifts that reflect both their event/occasion and British Columbia. We also work directly with the artist we represent to facilitate custom artworks and jewelry and accommodate a diverse range of requests.

Established in 2021, **Musqueam Arts** by Lattimer Gallery is a gift store dedicated to promoting and showcasing the work of Musqueam artists and designers to national and international audiences. The store also acts as a workspace for participating Musqueam artists and artisans, creating the opportunity for visitors and travelers to learn about and experience Musqueam culture first hand. The store operates in collaboration with the Musqueam Nation, and all proceeds directly benefit not only participating vendors but the community to which they belong. Musqueam Arts is located in Domestic Departures at Vancouver International Airport.

## **How to Apply**

**All applicants should submit a Resume and Cover Letter via email or in person to our General Manager, Amy Wilson. Contact - [amy@lattimergallery.com](mailto:amy@lattimergallery.com)**

**Amy Wilson**

General Manager

Lattimer Gallery YVR / Northwest Coast Gifts / Musqueam Arts

[amy@lattimergallery.com](mailto:amy@lattimergallery.com)

604-247-0822



*Join us  
For the  
5<sup>th</sup> Annual  
Musqueam  
Holiday  
Craft  
Fair*

**Indigenous Crafts,  
Gifts, handmade  
jewelry, & more**

**Saturday Nov. 26 &  
Sunday Nov. 27 2022  
10:00 am—4:00 pm**

**Musqueam  
Community Centre  
6777 Salish Drive,  
Vancouver**



**find us on Facebook**

Registration package email [musqueamcraftfair@gmail.com](mailto:musqueamcraftfair@gmail.com)  
or send a facebook message

*Entry by donation: Proceeds will go to a selected program run in Musqueam.*